

Montana Chef Competition 2005

Culinary Excellence Award

Gold Class: Appetizer

Recipe Name: Chilled Soup Trio

Chef: Chef Jim Tracey

Restaurant: Red Bird



Chef Profile:

Jim Tracey, Chef & Owner of Red Bird, 120 W Front St # 105, Missoula, received a Gold Class award in the Culinary Excellence Award program held recently at Buck's T-4 Lodge in Big Sky.

Tracey has been at Red Bird for nine years. His Gold Class award was in the Appetizer category for a creation titled *Chilled Soup Trio*. (See recipe.)

His advice to aspiring cooks: "Make the soups at least 24 hours prior to serving to let the flavors develop. Serve in chilled cups or glasses."

Yield: 6-8 portions

Montana Products: [Missoula Farmer's Market](#) – corn, carrots, onions, cucumber, green bell pepper, beets; Kinsey Farm - garlic; Bitterroot Organics – fresh bay leaves, basil; [Garden City Fungi](#) – shiitakes; [Montola Growers, Inc.](#) – safflower oil; Wild Bee Honey; [Rattlesnake Creek Vineyard](#) – Fat Cat white wine; [Amaltheia Dairy LLC](#) - chevre.

<i>Soup One – Corn Consomme</i>	
<i>Ingredients:</i>	<i>Amount:</i>
Missoula Farmer's Market Corn cobs, halved	8 each
Missoula Farmer's Market Yellow onion, chopped	1 each
Missoula Farmer's Market Celery stalks, chopped	2 each
Missoula Farmer's Market Carrot, chopped	½ each
Kinsey Farm Garlic bulbs, halved	3 each
Jalapeno, halved	1 each
Water	14 cups
Bitterroot Organics Bay leaves, fresh, whole	3 each
Peppercorns, whole	½ Tbsp.
Salt and pepper	To taste
Lavender Flower garnish	
Garden City Fungi Shiitake mushrooms, sliced	8 each Sliced
Montola Growers, Inc. Oil	

Chilled Soup Trio

Method:

1. Place first 9 ingredients in a small stock pot and bring to boil.
2. Reduce heat to low and simmer for 60 to 90 minutes (until corn flavor imparts into water).
3. Strain, chill and season with salt and white pepper.
4. Garnish with lavender flower and crisp shiitake mushrooms.

<i>Soup Two – Grape Gazpacho</i>	
<i>Ingredients:</i>	<i>Amount:</i>
White grapes, seedless	3 ½ cups
Missoula Farmer's Market Red onions, chopped	½ cup
Kinsey Farm Garlic, smashed	3 cloves
Missoula Farmer's Market Cucumber, peeled, seeded and chopped	½ cup
Missoula Farmer's Market Green bell pepper, chopped	¾ cup
Green plums, halved	1 cup
Lemon juice, fresh	1 each
Lemon zest	¼ tsp.
White pepper	¼ tsp.
Kosher salt	1 tsp.
Wild Bee Honey	2 Tbsp.
Olive oil	½ cup
Rattlesnake Creek Vineyard White wine, Fat Cat	½ cup
White wine vinegar	2 Tbsp.

Method:

1. Place all ingredients in a food processor.
2. Whirl about thirty seconds and chill 24 hours.

<i>Soup Three – Orange-Beet Purée</i>	
<i>Ingredients:</i>	<i>Amount:</i>
Missoula Farmer's Market Beets, peeled and chopped	3 cups
Missoula Farmer's Market Yellow onion, chopped	½ cup
Kinsey Farm Garlic	4 cloves
Vegetable stock	10 cups
Wild Bee Honey	1 Tbsp.
Orange juice, fresh	2 each
Salt and pepper	To taste
Amaltheia Dairy LLC Chevre goat cheese	4 oz.
Heavy Cream	4 oz.
Orange zest, finely diced	¼ tsp.
Bitterroot Organics Basil, finely chopped	2 Tbsp.

Chilled Soup Trio

Method:

1. Combine first four ingredients in a small stock pot.
2. Bring to boil then simmer 30-40 minutes or until beets become soft.
3. Blend with honey, orange juice, salt and pepper.
4. Chill.
5. Combine last four ingredients using a Kitchen Aid until firm.
6. Serve in chilled cups with a dollop of goat cheese mixture on top.